



## 3Türmelauf

Bad Langensalza / 19.04.2015

### Detailed evaluation

#### Kleindienst, Jörg

Club: MC Bad Langensalza / Ufhoven e.V.

Number: 57

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 59:25

Speed: 12.12 km/h

Running performance: 4:45 min/km

Rank in course/Total: 41 (of 193)

Rank in course/Men: 37 (of 142)

Best time in course: 42:15

Rank in category: 9(of 21)

Best time in the category: 48:32